

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

OCTOBER 2016



Fall Craft Fair Friday, October 21st 2pm-4pm

Get a jump start on your holiday gift shopping! Attendance at the Fall Craft fair is open to everyone. Come and browse through handmade one of a kind items, specialty gifts, and a variety of other goods. Space still available for vendors. Vendor applications are available online or at the front desk. \$5 for members and \$15 for any outside vendors. There will be no other activities running during this time.



Fall Harvest Party Friday, October 28th at 5:30pm

This fall harvest party will feature a nice fall meal consisting of chicken, rice pilaf, and squash. Help pick the music from our classic bubbler jukebox and participate in a few party games. \$7 pre-registration.

Doors will NOT open before 5:15.

Early Bird Dinner Beef Roast October 20th at 3pm

This month's early bird dinner is beef roast with roasted potatoes and carrots. Sign-up for this savory, comfort-food classic by October 18th at noon. Beverage and dessert included. \$5 pre-registration required.



Oktoberfest Thursday, October 13th at 5:30pm

You won't want to miss this amazing event! Entertainment by a duo of Ludwig and Auntie Hilda of the Schwarze Schafe German Band. Learn a few German words and a German dance. Laugh the night away! The dinner will be pretzels, pork roast, scalloped potatoes, vegetable, and dessert. \$8 pre-registration required. Sign-up early! **Doors will NOT open before 5:15pm.** We need time to set-up.



LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*



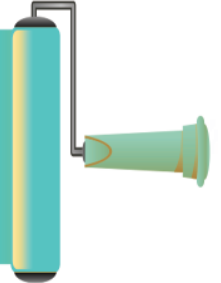
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Polish Night Thursday, November 10th at 5:00pm

A traditional Polish dinner featuring potato and cheese pierogi and kielbasa from Czapiga's.

Entertainment will be the polka band of Beer Hall Boys. \$9 pre-registration required. We anticipate that this event will sell out quickly, so sign-up early!



Card Sharks Tuesday, October 18th at 2:30pm



This game has two contestants compete for control of a row of over-sized playing cards by

answering questions posed by the host and then guessing if the next card is higher or lower in value than the previous one. Prizes will be grocery items. This program is Free but pre-registration is required.

Medicare Open Enrollment Events

The open enrollment period for Medicare Part D prescription drug plans & Medicare Advantage Plans is **Oct. 15th through Dec. 7th**. Every year, there are new health plan and prescription drug coverage choices. Ask yourself: Are all of my drugs on my plans formulary for 2017? Did my monthly premium change? Is there an annual deductible? Take the time to review your current health & prescription drug plan with a Certified Choices Counselor. **We will be hosting 2 open enrollment events—November 1st and December 2nd. Open enrollment assistance is by appointment only—no exceptions.**


Schedule your appointment by calling 860-638-4540. Please bring a list of all medications or just bring them with you.



Country Western Night Friday, November 4th at 5:00pm

Yee-haw! Dinner will be fried boneless chicken breast, baked beans, corn muffins, coleslaw and dessert. Entertainment by Paul Serra and another member of Country Gold band playing all your old favorites by artists like Johnny Cash, Hank Williams, etc.

Best outfit wins a prize! \$7 pre-registration required.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Exercise 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00 Middletuners Chorus Practice 1:30-2:45 Dancing for Joy 1:30—Pizza and A Movie	4 9:00 Foxwoods 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00 Therapeutic Fitness 2:00 Pokeno	5 9:00-9:45 Exercise 9:30 Lady Katharine Cruise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 2:30 Left, Right, Center Dice Game 4:40 Zumba with Bri Bus Trip Lottery for November Trips Begins	6 9:00-12:00 Mahjong 10:00 Exercise 10:45 Cracker Barrel & Trader Joe's 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Boggle & Cup-cakes 2:00 Line Dancing ** Calling all beginners this month for a special session this month	7 9:30 Pancake Breakfast 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:30 Cribbage
10 Closed For The Columbus Day Holiday  Columbus Day	11 9-3 Massage w/Elaine 9:30 Zumba (DVD) 10:30 AC Moore & First and Last Tavern 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00 Therapeutic Fitness 2:00 Pumpkin Pie Social	12 9-3 Foot Care w/ Phyllis 9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1-2 Billiard Lessons for Beginners 1:30 AARP 3394 Membership Meeting 4:40 Zumba with Bri	13 9:00-12:00 Mahjong 9:00 Mohegan Sun Casino 10:00 Exercise 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing ** Calling all beginners this month for a special session this month 5:30 Oktoberfest—Doors will not be open before 5:15	14 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1-2:30 Billiard Lessons for Advanced Players 1:30 Cribbage 2:30 Match Game 5:30 Socialize and Paint Bus Trip Lottery for November Trips Closes
17 9:00 Exercise 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:00 Birthday Party 2:30 Game Shows	18 9:00 Foxwoods Casino 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30-1:30 Sing A Long with Barbara 1:00 Therapeutic Fitness 2:30 Card Sharks Bus trip lottery winners	19 9-3 Foot Care w/ Phyllis 9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 Hearing Screenings Provided by Bel-tone N.E. 12:30 Ceramics 1:00 Bingo 1-2 Billiard Lessons for Beginners	20 9:00-12:00 Mahjong 9:30 Yankee Candle & Chandler's Restaurant 10:00 Exercise 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing ** Calling all beginners	21 9-11 Computer Training 9-11 Manicures 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1-2:30 Billiard Lessons for Advanced Players 2:00-4:00 CRAFT FAIR

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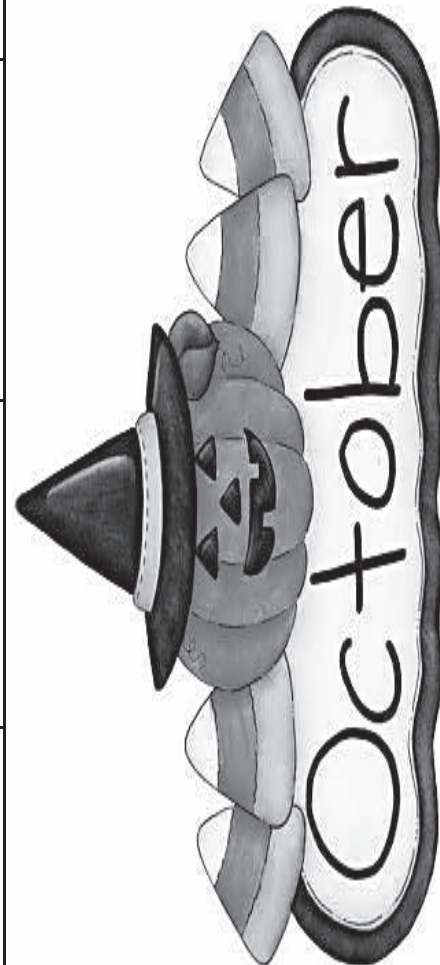
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LET US PLACE YOUR
AD HERE.

<p>for beginners 2:30 Trail Mix Making 4:40 Zumba with Bri</p>	<p>Calling all beginners this month for a special session this month 3:00 Beef Roast Early Bird Dinner Payments for lottery trips due by noon today.</p>	<p>No activities besides billiard lessons after lunch due to the Craft Fair.</p>
<p>24 9:00 Exercise 9-3 Massage w/Elaine 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00 Middletuners Chorus Practice 1:30-2:45 Dancing for Joy 2:00 Craft w Heidi</p>	<p>25 9:30 Zumba (DVD) 10:00 Evergreen Walk 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00 Therapeutic Fitness 2:00 Baking Class 6:30 Civitan Bingo</p>	<p>26 9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1-2 Billiard Lessons for Beginners 2:00 Spelling Bee 4:40 Zumba with Bri</p>
<p>27 9:00-12:00 Mahjong 10:00 Pier 1/ Homegoods and Fishtale Restaurant 10:00 Exercise 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing Calling all beginners this month for a special session this month 2:00 Yahtzee</p>	<p>28 9:30 Zumba (DVD) 10-12 Senior Haircuts 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1-2:30 Billiard Lessons for Advanced Players 1:30 Cribbage 5:30 Fall Harvest Night Event— Doors will not be open before 5:15pm</p>	



**Flu Clinics—September 30th from 8-10am at the Senior & Community Center
No Sign-ups needed. No early birds. Doors open at 8am.**

October 4th 10am-6pm at City Hall Council Chambers, 245 deKoven Dr, Middletown



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Game shows October 17th 2:30pm

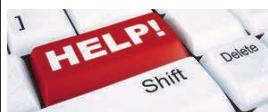
Family Feud, Jeopardy & Wheel of Fortune. Participate or watch the game. FREE—No pre-registration needed.



Baking with Ann October 25th at 2:00pm



This month we are making Almond Joy Cookies! \$3 pre-registration required. Take home what you make!



Friday, October 21st 9am-11am Computer Help

Sponsored by Vinal Technical High School



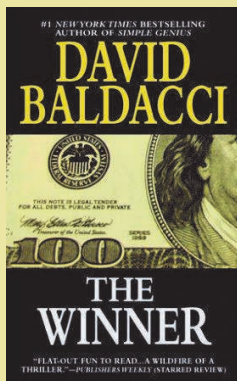
Manicures

Sponsored by Vinal Technical High School

Pre-registration required for both programs.

Book Club Mon., Oct. 31st 2:30pm

She is twenty, beautiful, dirt-poor, and hoping for a better life for her infant daughter when she is offered the gift of a lifetime, a \$100 million lottery jackpot. All LuAnn Tyler has to do is change her identity and leave the U.S. forever. It's an offer she dares to refuse...until violence forces her hand and thrusts her into a harrowing game of high-stakes, big-money subterfuge. \$3 for a used copy of the book.



Yahtzee

Thursday, October 27th at 2pm

The object of the game is to score points by rolling five dice to make certain combinations. The dice can be rolled up to three times in a turn to try to make various scoring combinations. A



Yahtzee is five-of-a-kind and scores 50 points; the highest of any category. The winner is the player who scores the most points. \$1 pre-registration is required.

Spelling Bee

Wed., Oct. 26th at 2pm



Are you good at spelling? We will be holding a spelling bee contest on Wednesday, October 26th at 2pm. \$1 and pre-registration is required. Gift card prize to the winner. You can be a contestant or in the audience. Same fee. Refreshments provided.

Haircuts

October 28th 10am-12pm

Sponsored by Water's Edge Center for Health and Rehabilitation & Euro-American Connections and Home Care in Berlin. \$3—Appointment Required. **Sign-ups begin on October 14th. Residents only.**



Craft Project with Heidi

Monday, October 24th at 2pm Painted Wooden Plaque

Have a fun time hand painting your own wooden plaque in a relaxed group. All materials provided. Price \$3.00. Pre-registration required. Space is limited.



Trail Mix Making Wednesday, October 19th at 2:30pm

Choose from a variety of ingredients and make your own trail mix. This healthy, great snack can be individually packaged and used all week.



\$4.00 Pre-Registration Required.

Boggle & Cupcakes Thursday, October 6th at 2pm

Enjoy a delicious cupcake and a game of Boggle.

Boggle is a word game played using a plastic grid of lettered dice, in which players attempt to find words in sequences of adjacent letters. \$1 fee and pre-registration required.



Billiard Lessons with Volunteer Instructor Frank Bronner

Beginner Class—Wednesdays from 1-2pm beginning 10/12
Advanced Class—Fridays from 1-2:30pm beginning 10/14



Pre-registration is required. 4 person minimum needed to run the class.



Annual Recipe Book

It's that time of year again! Last year's Recipe Book was a huge success! Please consider submitting a recipe for this year's Recipe Book. The deadline is 11/14. Limit of 3 recipes per person. Recipe books will be on sale in December.

Welcome Alison!!!!



The Recreation and Community Services Department welcomes Alison as our new Clerk. Alison will be working at the front desk part-time Monday through Thursday. Stop by and introduce yourself.

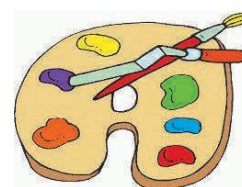
Left, Right, Center Wed., October 5th 2:30pm

This fun dice game is entirely based on chance. The player with the most chips will go home with a gift card. \$2 please pre-register.



Socialize and Paint October 14th 5:30pm

This fun night-time event is a no-stress party. Come socialize and paint! The painting will be Fall themed. No experience needed. Pre-register \$10 for residents / \$15 for non-residents.



November 17th—Early Bird Thanksgiving Dinner

December 6th—Mocktail Holiday Party

December 16th—Holiday Extravaganza Day-Long Celebration



Pumpkin Pie Social October 11th at 2:00pm

Nothing says Fall like a delicious

slice of pumpkin pie. \$2 pre-registration is required.

Civitan Bingo

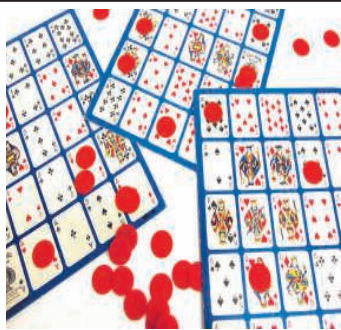
Note: Transportation is NOT AVAILABLE
We apologize for the inconvenience

Fall Dates:

October 25th, November 29th and December 27th. Games start at 6:30pm

October Birthday Party Monday, October 17th at 2pm

Celebrating all October birthdays. FREE Sponsored by Water's Edge Center for Health and Rehabilitation.



Pokeno October 4th at 2pm

\$2 pre-registration required. Prizes are grocery items

Pancake Breakfast Friday, October 7th at 9:30am

This month's breakfast is pancakes and sausage. \$3 pre-registration required.



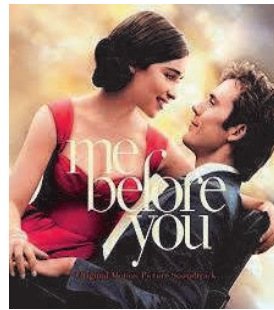
Match Game Friday, October 14th at 2:30pm

Do you recall this game show? The game features contestants trying to come



up with answers to fill-in-the-blank questions, with the object being to match answers given by celebrity panelists. Pre-register as a contestant or panelist for this full filled event. FREE

Pizza & A Movie—Me Before You October 3rd at 1:30pm



PG-13, Approximately 1hr and 33 mins long

"Me Before You" follows Louisa Clark (Emilia Clarke) as she begins a new job that involves caring for a quadriplegic, Will Trainer (Sam Claflin), with whom she begins to form a bond with. Once she discovers that Will is planning on committing suicide in six months, she begins to create a schedule of activities and trips that they can take together in hopes of changing his mind on what he's capable of. \$3 pre-registration required. Cheese pizza only.

Newsletter Mailing Change

As of October 1st—we will no longer be mailing copies of this newsletter to non-residents. We will continue to mail the "Prime Times" to all active members residing in Middletown. You can always pick up a copy or view it on our website.





Bus Trips

October

4th -Foxwoods Casino (9-3:30) \$4
6th -Cracker Barrel/Trader Joe's (10:45-4)
 \$4
11th -AC Moore/First & Last Tavern (10:30
 -3) \$3
13th -Mohegan Sun Casino (9-3) \$4
18th -Foxwoods Casino (9-3:30) \$4
20th -Yankee Candle/Chandler's Rest.
 (9:30-3) \$5
25th -Evergreen Walk (10-3) \$3
27th -Pier 1 & HomeGoods (10-2:30) \$3

November

1st—Mohegan Sun Casino (9-3) \$4
3rd—Buckland Hills Mall (10-2:30) \$3
10th—Lyman Allen Art Museum (9:15-3) \$9
15th—Mystic Village Shops (9:30-2:30) \$4
17th—Foxwoods Casino (9-3:30) \$4
22nd—Mohegan Sun Casino (9-3) \$4
29th—Lee Premium Outlets (9-2:30) \$5

Bus Trip Sign Up Procedure

The bus trip lottery is open from October 5th to 14th for November trips. No entries will be accepted after October 14th. All members selected in the lottery will be notified by October 18th. Payments are due by noon on October 20th. **The lottery is only for members who are Middletown Residents.**

Recurring Programs/Services

(F) =Free (\$) = Cost Associated

Arthritis Exercise—Thursdays at 12:30pm (F)

Billiards—Anytime (F)

Bingo—Wednesdays & Fridays at 1pm (\$)

Bocce—The bocce court is open first-come first-serve (F)

Blood Pressure Clinic—Thursdays 12:00-1:00 (F)

Book Club—Last Monday of the month (\$ for book)

Cable TV—Anytime (F)

Card Games—Thursdays at 12:30pm

Ceramics—Mondays & Wednesdays at 12:30pm (\$)

Computers—Laptops are available for use anytime (F) - Help on Friday, October 21st 9-11am

Cribbage—Fridays at 1:30pm (F)

Dancing for Joy—Mondays at 1:30pm (F)

Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)

Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)

Fun with Yarn—Knitting/Crocheting on Thursdays at 1pm (F)

Hearing Screening—3rd Wednesday of the month 12-1 (F) Sponsored by Beltone N.E.

Lending Library—Anytime (F)

Line Dancing—Thursdays at 2pm (F)

Mahjong—Thursdays 9am-12pm (F)

Massage Therapy—1st & 3rd Monday 9am-2:30pm (\$)

Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F)

Middletuners Chorus Practice—2nd & 4th Mondays from 1-3pm (F)

Movies—Tuesdays at 12:30pm (F)

Ping Pong—Check Calendar in this newsletter or by request (F)

Reflexology—By appointment (\$)

Reiki—By appointment (\$)

Sing-Alongs—Third Tuesday of the month at 12:30 (F)

Tai Chi—Mondays at 10:15am (\$)

Therapeutic Exercise—Tuesdays at 1:00pm (F)

Yoga—Wednesdays at 10am (\$)

Zumba—Wednesdays at 4:40pm (F) Current session is filled.

Senior Services Division Contact Information

Monday—Friday 8:30am to 4:30pm

Main Number:	(860) 638-4540	
Fax Number:	(860) 343-5427	
Senior Services E-mail:	Seniors@MiddletownCT.gov	
Senior Services Website:	www.middletownct.gov/seniors	
Acting Director:	Debbie Stanley	(860) 638-4501
Senior Services Manager:	Ann Gregg	(860) 638-4548
Senior Services Coordinator:	Heidi Geores	(860) 638-4541
Senior Services Specialist:	Laura Runte	(860) 638-4542
Municipal Agent / ADA Compliance Officer:	Laura Runte	(860) 638-4542
Clerk (Rec & Community Svcs)	Alison Sprague	(860) 638-4540
Custodian/Program Aide:	John Marion	(860) 638-4540
Night Custodian:	Vacant	(860) 638-4540
Bus Driver:	Mike Rogalsky	(860) 638-4540
Café Manager/Reserve Lunch:	CRT **New—Effective 10/1	
Please stop in to see café manager		



Lunch Served Daily

Lunch is served daily by CRT. Reservations are required at least 24 hours in advance. The suggested donation is \$2.50 per meal. Please see our café manager for a reservation. A form 5 must be on file.

Transportation (860) 347-3313

Dial-a-Ride— The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$2 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with Middletown Area Transit. **Enhanced Dial-A-Ride**—Adults over the age of 60 who would like free transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-347-3313. Same day requests cannot be guaranteed.

August Brain Teaser Winner

Thank you to all that participated! Our winner by random drawing is Veronica Davis.

The question was:

If I am running a race and have just passed the runner in second place, what place am I?

The answer is:

I am now in second place.

The October brain teaser is located on the last page of this newsletter. Please fill out and return to the front desk. No additional copies will be printed.

Change in Lunch Provider

Effective October 1st, the lunch program will be taken over by CRT. Please bare with us during the transition period.

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- Download Volunteer application at www.stlukeshome.org

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October 2016 Senior (60+) Brain Teaser

Which is the top view?

Name: _____

Phone: _____



A



B



C



D

Circle your answer.

One entry per person. Please turn in your entry before the last business day of the month. One winner will be chosen at random from all correct entries on the first business day of November 2016.